

# BRIDGES

WEDNESDAY, JANUARY 7, 2015

## BEST OF SHARP EATS:

A round-up of the year's top food photos. **P. 2**

## BEST OF IN THE CITY:

Our favourite Moment in Time shots from 2014. **P. 9**

## READ MY BOOK:

Michael Pomed's Living with Animals: Ojibwe Spirit Powers. **P. 16**

## THINKING OUTSIDE THE HIP HOP BOX

AS DEF 3, DANNY FERNANDEZ PUTS MORE SUBSTANCE INTO HIS MUSIC AND ART  
**P. 5**



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**Best  
of SHARPEATS**

# BEST OF 2014

By Jenn Sharp

It's a great time to be a food writer in Saskatchewan. The dining scene is continually changing and chefs are always available to keep transcripts busy.

The biggest trends of 2014 included charcuterie, food trucks, gluten-free and allergy-conscious menus. A lot of new restaurants opened in Seattle this year, too. Some like the Caucus Club were highly anticipated and highly hyped smaller independents like North, The Grating Room and The Odd Couple made less of a ripple but have held their own all the same. The perennial showstopper about Seattle's food

See a food trend you think deserves a highlight in Bridges? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com) or visit Bridges on Facebook.

some is that you always have choice Middle Eastern input? Upstate Naturals® Health Food with a touch of sex appeal! Fine cheese and charcuterie to take home? It's all here and much more.

One trend I'm sure is here to stay is the local food movement. Chefs and restaurateurs are doing a fine job of educating customers (and their palates) that quality is the way to go — it's fresh, nutrient-dense and sustainable. Hats off to those that support Seafarers' dining scene and to those that support the new, independent spots. It's a tough gig to run a restaurant in this day if you like what you've tried tell a friend instead of not tell the chef. Happy dining in 2019.



Questions have been raised about the safety of nailings by drivers in Saanich's core as the city which is currently contrary to Saanich bylaw. Here are a variety of creative heritage chicken wire alternatives.



Fulvia Pianera und Caterina Roccocca bread topped with fresh basil



Doug Hentzschel executive chef at the Smokeshack has drawn his Three State success from



The Whole Balsamico Glazed Honey Bar! dessert course at the No Sugar Bright winter



Mario Guadarrama/Pearl zip photos and Nutritives with Cognac Dipping Sauces; lower photo: were two of the recipes in The Pure Prairie Eating Plan, a cookbook written by Catherine Chen and Rhonda Diaz both nutrition professionals at the University of Alberta.



The Seakaboom Club hosted a special chef's menu dinner with Chuck's Rock House chefs John Jackson and Darlene Desloge. The main course was wild halibut and mashed potatoes (at the end dressed sprouts and bacon lardons).



Appendix served as the byproduct during the launch of cropload ca



**Bob DeGruyter** (right) uses Alsatian giving food, asthma and escape without a trace from his home. *Photo: Michael D. Johnson*

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**We have great art:** Local graffiti artist Danny Fernandez stands in front of a mural he painted at Old Fashioned Paintball in Victoria Avenue in Mississauga. (GLEN MORRISON/TORONTO STAR)

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## # BEST OF MOMENT OF TIME PG. 9



**Outstanding 3, 2012 — 9:15 p.m.** People were dancing in the rain and dancing upon a storm before me. CIBC Run for the Cure. 10 or 5k running race sponsored by CIBC. © Canadian Breast Cancer Foundation. For the rest of the best pics from 2012 go to [www.thestar.com/photoblog/michelle-miller](http://www.thestar.com/photoblog/michelle-miller)

## BRIDGES COVER PHOTO BY MICHAEL BELL

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# IN THE CITY

# JANUARY 2, 2012 - 11:26 A.M.

## Snow day



Despite the snow and cold, Skokotows commuted to work or play in Phoenix skating rink was very popular last weekend after a snow storm hit the city. (Photo by Eric J. Walker)

# ON THE COVER

**Creation of all kinds is what the world revolves around.** — Danny Fernandez

# MUSIC

## Lyrics are the prize in Def 3's eyes



BY ASHLEY MARTIN

"My lyrics carry such meaning you probably never heard of me," says Fernandez.

Danny Fernandez's rhymes are about substance, not substances. "I think if you were to listen to us all alone, you'd have a pretty good understanding of who

I was as a person," he said.

And who he is, to no one's surprise, Fernandez, 30, is an artist, a family man and an entrepreneur. His latest album, *Whatoff*, is his tenth project, the songs themselves the general — droning pain, money, respect, success, life, really.

"What I write about, a lot of it is about journalism," said Fernandez, who performs as Def 3.

"A lot of rap and hip hop is very egotistical and glorifying a life that isn't healthy," said Chris Mark, a DJ and longtime friend. "He brings that other side to it, where it's not all about himself."

That's not to say Fernandez doesn't have fun (his song *Catalan Wine Mixer* is a perfect example). "I don't think it would be hip hop without that," said Mark — *but he's*

more prone to create music with a message.

"Most Def 3 tracks try to do is make music with substance and something that will withstand time not dealing with clichés or trends," said Mark.

Fernandez is influenced by lyrical, orally oriented artists like Public Enemy & Tribe Called Quest and NWA — people he heard in the early

1980s when he first got into hip hop.

"We always been a lyrics guy," said Fernandez. "That's what I grew up listening to and then I guess that's what I started making."

Conversely, lyrics might have been a given, given his upbringing. "My parents, they were hippies," said Fernandez. Continued on Page 6

Not all the music I make is politically or socially conscious, but I think in general most of it is and as a person I am that way. — Fernandez



Danny Fernandez, aka DJ 2, vertices lyrics that go against the grain in the hip hop scene. His lyrics are based on life experiences and will try to relay a meaning. (Courtesy photo)

**Danny Fernandez** is from Vina del Mar, Chile. He met his wife, Lorraine, who hails from Phoenix, when they were both working at a school in the late 1980s. When she returned to Chile in 1997, he followed.

During Fernandez's three-year sojourn, he was based in December 1998 in Yarumal, Colombia.

When he was home, "they demanded they want a different life."

The couple had their seven years as expatriate split between the Money Shops, a backpacker hostel that was half hospital, half living space. Living alongside other backpackers on the shop. "They would just travel around and go to see and visit Third world countries and gave free health care."

They travelled the world, from Africa to South America to Europe and the U.S. "I think at the time I don't really realize how crazy it was."

When he was 12, the family returned to dry land and spent a year in Vina, Texas, as the Fernandez parents worked for the Money Shop head office. The next year they moved to Regisio so Ramon could attend Bible College.

As a 14-year-old attending Mt. Lang Elementary, Fernandez discovered he had trouble with his speech. Doctors diagnosed him with dyslexia.

"I found it was just this unique thing and there was this whole culture behind it," said Fernandez who was a spurned skater through the Twin Rockz skate shop. "I felt like I related to it a lot."

The skating — being exposed to a math state of culture, as well as seeing poverty and disease in developing countries — influenced his musical path.

When, at age 20, he started writing youth

workshops through CommonWealth's Phoenix Roots program, it further broadened his perspective.

"You learn a lot about yourself and other people when you work with people who went to DJ Fernandez," said Fernandez. "That, combined with my upbringing in the shop, really shaped a lot of who I became. Not all the music I make is politically or socially conscious, but I think in general most of it is and as a person I am that way."

That same year, he'd started rapping and his monitor closely listened by the seas before three on a telephone, which includes Fernandez's initials (D.E.F).

His rap could have remained a hobby but Fernandez was determined to make a career of it.

"I wanted to get that 30,000 hours that people always talk about — I just decided if I'm going to be doing this, I have to only be doing that," he estimates he works 30 hours a week.

He performed unscripted lines to take the risk. "They were a little afraid of everything and you got to prove them that you can do it. I think a lot of people are afraid of that," he said.

"I think that's the main thing was the ability to take that plunge and not to worry more about the risk and to realize life is trial and error. What my parents taught me was to follow those instincts."

He took the plunge when he was 25, after being fired from every job that I ever had, and after a year at the Alberta College of Art and Design in Calgary where he guesses he spent the bulk of his student loans on visiting his first shows.

I think as an artist, especially at the time when we started out, you are able to grow at your own rate and experiment musically to get a sound that is different. The scene here is very supportive. — Graham Munawakay

His penchant for art (he began drawing at age two) and business savvy converged at a young age. When he was 10, he embarked on his first business venture, making wooden candlesticks and selling them to his mom's friends.

His understanding of business has been important, said Fernandes.

"Unfortunately the music itself is a small percentage to the school business of success."

That's not to say he's rolling in cash; necessarily but he's getting by doing what he loves.

Fernandes speaks about seven months of the year on long, droning downtime; he works on graffiti commissions. He recently launched Adgit Media, which does mural art writing for local businesses.

He thought about focusing on one or the other, but doing both makes sense.

"One always has a downtime. All the cultures between them, they all work together," said Fernandes.

It works with his faith in creativity, anyway.

"Creation of all kinds is what the world revolves around," said Fernandes. "I think if you're creating and giving back to the universe or whatever you believe in, the universe will provide for you and it will come back to you."

He has seen positive results of his giving back. He once heard from a fan that has since made that person think twice about committing suicide.

A mural on Denver's Colfax depicting Robin Williams as Mr. Potato Head brought a smile to more than one person.

\*\*\*\*\*

Regina's hip-hop scene is small. When Fernandes started, it was basically non-existent, so for us people do it proto-collaboratively.

"It was tacky enough to be from here and kind of the use of first guys really doing what I was doing. People were very supportive," said Fernandes.

He remembers Azankaba Power as the first, and only ty-gaps on the scene (including DJ Krackz, Jaxx and DJ Quarr).

In Grade 9 at Thorn Collegiate, Fernandes started making music with Andrew Black, "making mix tapes with my dad's studio, Steaphone, breaking countless turntables."

They came to the MC battles, hosted by Brad Bellegarde (fistballed at the State). "This was before E-Male. I thought like to clarify that," said Fernandes.

If he sounds like that, he isn't Mark.

"When I first had my gap up of congregated to the same areas and went to the same shows. We just kind of met through the music," said Mark, who met Fernandes around 2000.

Fernandes started throwing house party shows and things started catching on. Venues support grew. He started branching out to other cities, like Saskatoon.

He met Graham Munawakay, a Regina-based producer he better knows as Factor Chandelier, around 2000.

Working together opened Fernandes' eyes as to how to independently release music, something on Page 8.



Daney Fernandes (author of this graphic) tribute to Robin Williams in Denver, Colo. News completed Sept. 3 and garnered a lot of attention across the United States. PHOTO COURTESY OF DANNEY FERNANDES

I think if you're creating and giving back to the universe or whatever you believe in, the universe will provide for you and it will come back to you. — Fernandez

"Benny is very driven. He always has something in the works," said Maversky.

"Working with Benny is never a task, that's for sure," said Mark. "When we work on something, it kind of just flows."

"Everything he does is a step up from the last thing. He's always pushing himself as an artist and that's very encouraging and motivating to those who work with him and who are around him because then we push ourselves."

In the early days, part of pushing himself as an artist meant soloing with a variety of musicians, including local indie rock bands like Rob Bob, Just Farter and Library Voices. Today his shows are a diverse audience because of that.

"People started to be more accepting of it and I think it was maybe because of that, during a moment the typical hip hop that people were exposing," said Fernandez.

"The music scene here in St. Louis was very unique," said Maversky. "I think as an artist, or possibly at the time when we started out, you are able to grow your own culture and experiment musically to get a sound that is different. The scene here is very supportive."

In 2008, Fernandez and his dad started a group for a korte of the bands contest, Open! hosted until about 2010. When the Latin-influenced band headlined a Reggae Folk Festival after-party in 2008, it drew 16 members, including a horn section, street drums, Chilean instruments and Deft's horns.

"I'm still doing stuff that kind of influenced by that," said Fernandez, who has spent the last four years touring "pretty much nonstop," mostly with Warriovore hip-hop collective from New Jersey.

The Fernandez's base is in St. Louis — where he's not on the road. But his ties to St. Louis remain; he's back at least once a month, he says, and he maintains a St. Louis phone number.

But that's a relatively recent change. He stayed in Reggae as his career was growing nonetheless because "I started to realize that we were building something and that I was surviving here pretty well."



Danny Fernandez stands beside a mural he painted of Geronimo, based on the Pictograph Mural at the Geronimo Communication Store in Reggae, Missouri. Photos by Tony Hunter

"I love Saskatchewan. I think without it, I wouldn't be who I am," he added. "It gave me a unique perspective, as did my upbringing before that. ... What people think would be as interesting ... the upper classes were more because there was less people down there."

Bernina's hip hop scene is more diverse today than it used to be, said Mark.

"There's a lot more styles in Re-

ggone a long way for sure, when originally we could have counted the amount of rappers in the city on our hands. Now you could probably count at least 50 to 100," he says.

Every time I come back here

it blows my mind to see that now people kind of look at me as [the] guy like we started this thing. See, Saskatchewan hip hop," said Fernandez. "All these little seeds that were

planted to grow into something big and I'm excited to see what's going to happen in the future go.

"It's where you're at. I made of groups like Bob Bob and they're killing it. They go around the globe and everywhere that they just live and they stop here and we kind of know the Saskatchewan," [www.saskindiepop.com](http://www.saskindiepop.com) [www.coolmashup.com](http://www.coolmashup.com)

# Best of **MOMENT IN TIME**

## # BEST OF 2014

A picture is worth a thousand words they say and we think it's true. Each week on our In The City page, photographer Michelle Boni captures a moment in time to represent the week in Saskatoon. Here are the best of the best from 2014.



**July 6, 2014 - 10:17 a.m.** A smiling young golfer, Jackson Winger, stands with PGA Tour Canada player Mitch Blane at Silverwater Golf Course.



**September 10, 2014 - 10:59 p.m.** Children (right) dance during the Pleasant Hill School's 100-year anniversary Christmas Day Way celebration.



**May 10, 2014 - 2:43 p.m.** Daphne Bouchard dances in the drum line and drum circle at The Avenue's Market during Composition and Collaboration and Culture Showcase at 2014 Dickens on Broad.



**September 6, 2014 - 10:02 a.m.** Nine-month-old Gisela Puleo walks the red carpet at the Cine Kids Ready-2-Wear event at Market Mall.



**February 13, 2014 - 10:15 a.m.** Two-year-old Mason Brown tries the drums during the Baby Jam music class at the Saskatoon Symphony Community Centre. This event is specifically designed for the one-to-four-year-old music-lover crowd who love colour and sounds of music.



**May 10, 2014 - 5:19 p.m.** Mack Reutens learns how to crochét fish traps with the help of Barbarella (Barbara McBeth) at the Saskatoon Head Start and Learning Centre's Recipe for Success a free family cooking class where families cook together to prepare nutritious meals.



**June 15, 2014 - Skip Anderson and Kyle Senayuk kick off Photo week Photo Style on the Horse Ferry in Saskatoon.**



**May 4, 2014 - 11:01 a.m.** The Honourable Loring Sumner receives the Medals of Compassion at The Saskatoon Farmers Market. One cent of grand total was placed into thousand year old portions of the Medals of Compassion. The work vanishes day after day until it's complete.



**June 19, 2014 - 12:42 p.m.** Andean horse, Star, with owner Linda Stokke during the lunch hour seminar people knew that he's a performing at the Andean Horse Showcases at Pleasantland Park.

# GARDENING

## # PREPARING FOR SPRING

### Out with the old, in with the new

By Erl Svendsen

It's that time of year again when I start to look for what's new in the plant world.

The first place I go to is the All-America Selections (AAS) organization ([www.allamericanselecs.org](http://www.allamericanselecs.org)). The AAS, established in 1935, is a nonprofit, independent organization whose mission statement very clearly explains what they do: "To promote new garden seed varieties with superior garden performance judged by impartial trials in North America." This year, they have announced four new annual bedding plants worth trying at your gardens.

Like most impatiens, Bounce Park Flame impatiens is ideally suited for the shade, perhaps more so than older varieties because it is completely resistant to downy mildew—the scourge of cool moist shade. But it will grow well for you in the sun as well. And because of its disease resistance and vigor, it will last from spring to frost frost.

You will be amazed by the continuous masses of shattering blousy three-centimeter diameter pink blossoms. No deadheading or staking required, and it is equally at home in containers and hanging baskets as well as in the ground as low-growing edging (one-on-tall). They are available only as plants, not from seed.

Another winning impatiens, Super Petunia Spreading Blue Park, is also resistant to downy mildew. And like its name implies, it is tolerant of both sun and heat.

It has a vigorous root system that lets it take off as soon as it's planted in the spring and continues to grow all day (up until first frost). The large (6 to 7.5 cm) soft-pink or coral blossoms stand out against dark green foliage. A low-maintenance plant, it's suited for containers and hanging baskets

as well as an edger or a medium-to-tall divider in the garden. And with its spreading habit, Super Petunia makes a great groundcover too. It is available only as plants, not from seed.

Triglo® Red petunia is, as one would expect, a vivid red petunia cultivar.

Like the rest of the Triglo® series, Red has a compact instead form with large, six-inch salvages flowers for a season-long show. It is very heat tolerant and makes itself at home quickly after a rain, choosing not to look bedraggled like other varieties. It is a summer plant it fits into the containers and hanging baskets or in the garden as a medium (6 to 8.5—9-inches) divider. It is available from cut-and-grow.com.

Snowstar® Jewel® salvia are deer and rabbit (5 to 6.5 cm), and the latest introduction, White, is a welcome addition to the previous two cultivars, Park and Red. (See previous AAS winner.)

It flowers an average two weeks earlier than other white salvias and as a bonus, bees, butterflies and hummingbirds love the large flowers. Heat, wind and rain tolerant, plant in full sun for best performance. Great in containers or massed in flower beds for a huge impact. It is available from seed.

AAS maintains a list of promising winners and a list of maggots out of recent winners on its web site. However, because these four varieties are new, it may be difficult to find a supplier that year. If you're patient, you'll be the first in the neighborhood (or even the city) to try these exceptional plants this year.

This column is presented monthly by the Southwestern Peony and Plant Company/entrepreneur (<http://southwesternpeony.com>). Check out our website for our calendar for upcoming garden information sessions Jan. 29—Developing the Gardens of Your Life! See!



Super Petunia Spreading Blue Park



Snowstar® Jewel® salvia



Triglo® Red petunia



Bounce Park Flame impatiens

## # CROSSWORD

NEW YORK TIMES Edited by Will Shortz

## ACROSS

1. "Open & Present" [81  
Middles]

3. Interminating

11. Money in jazz (12)

14. Miserable (11)

15. Jason who was the  
2002 R.L. MVP16. Author of "The Great  
American Novel"17. "Home with you and  
seven nights a week,  
too."18. Virginia Woolf's  
"Dalloway"

20. Invent or one's home

21. Big hotel? —

22. Day of the  
International Day

24. Linda's man

25. Breaking point?

27. Room to observe

33. Loser

35. Will it separates (two  
parts)

36. Enclosed

37. Corkscrew (one word)

38. Young Wildlife Fund

39. ... in their

40. ... answers to the four  
steamed items

41. A sauna

43. Charming

44. Request

45. One rounded up (two  
words)

46. Part of a nation

47. "Strong WiFi" (adjective)

48. Christine

51. Go to

53. Greenish-yellow

55. Home to John Paul II  
International Airport56. Concentrated coffee  
variety

57. Slippery sort

58. "Old country" (adjective)

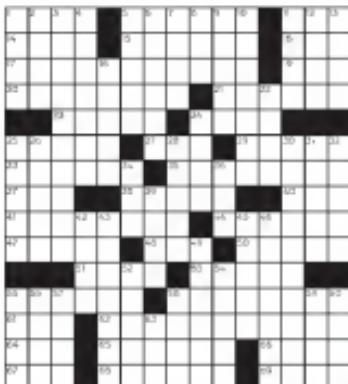
59. Endearingly

60. Purple petals

61. Eggplants with  
skins intact

62. Green onions

64. Exercise under such



PUZZLE BY PATRICK BLAKEY

## Sudoku Fields: Alistair

## DOWN

1. Part of a life

2. Sustenance, etc.

3. Moderate  
but assertive

4. Above rapidly

5. Tropical source

6. Green, growing, etc.  
of plants

7. Thompsonian

20. Birth

24. Ticked

25. Deep blue stone

26. Approving

28. Baby Mac's love, in

the "Farewell

30. "I'm a... Williams"

31. "Joyce Lieb..."

32. Summer sweetener

34. Day employing

"Worker's Pick"

35. Department center

36. Falling away

42. Miller cut

63. Edge out

5. 6

8. 7

1. 6

4. 2

2. 5

8. 7

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# ON THE SCENE

## # TONIGHT IT'S POETRY

Poets were on the scene at the first Tonight It's Poetry of 2016. Nine poets stepped up for the community slant starting with Val Randal who opened up the night by sharing her poem.

The feature poet was a three-time Van Stern Finalist and the 2013 Regular Season Urban Legendz Champion.

Despite the extremely cold weather there was still a great turn out at the Wreck Barhouse where people warmed up by listening to the first poems of the year.

BRIDGES PHOTOS BY MICHELLE BERG



# ON THE SCENE



1. Chris Pand and Meagan Dunn  
2. Brendan Raskany  
3. Chris Amisano performs  
4. Val Rendell performs

5. Ken Post, Joel Romeo and Shanda Stevenson  
6. Luke Pennock and Emily Rohart  
7. Isaac Bond  
8. Sarah Jeanne Shalby Keat and Brett Polkingham

9. Madeline Docherty, Hatch Molly and Erin Corrin  
10. Pearce Kippar, Val Rendell and Mark Allard  
11. Chris Amisano and Leahy Elmendorf  
12. Mary Ineson and Giselle Piermonton  
13. Brandon White and Melinda Schultz  
14. Alex Barker and Larissa Tackoff

**THIS AD WILL BE SEEN BY MORE THAN 90,000 PEOPLE. IF JUST 50 OF THEM DONATED BLOOD, 1 CAR ACCIDENT VICTIM COULD BE SAVED.**

Saskatoon Blood Donor Clinic  
325 - 20th Street, East  
(Corner of 4th Avenue & 20th Street)

Monday	4 pm - 8 pm	Thursday	Neon - 8 pm
Tuesday	8 am - 2 pm	Friday	5 am - Neon
Wednesday	8 am - Noon	Saturday	9 am - 1 pm

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online: [www.blood.ca](http://www.blood.ca)  
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creative SASKATCHEWAN 

PRESENTED BY

Tom Jackson's

LIVE MUSIC METHOD

January 24-25, 2015 at The Sound Stage, Regina

FREE for all Saskatchewan artists/musicians/managers to attend!

An intense 2-day event with workshops and 1-on-1 artist sessions led by the most in-demand performance coach in North America, Nashville's Tom Jackson and his Damage Success Team. This event is a MUST for all performers across all types of genres!

Become a stronger performer no matter what level you are currently at - or a more-dedicated side player!

- Discover skills that separate one artist from another
- Learn to craft a memorable & compelling show
- Hold the audience in the palm of your hand

Please, contact Tom Jackson for 1-on-1 sessions with a performance coach, register by January 12, 2015. General registration closes January 20, 2015.  
[www.saskmusic.org/workshops](http://www.saskmusic.org/workshops) or call 1-800-347-0676

This event is presented by CREATIVE SASKATCHEWAN, www.creativesask.ca and produced by SASKMUSIC, www.saskmusic.org. Creative Saskatchewan, The Ontario Ministry of Culture and Tourism and the cities of Regina and Saskatoon have contributed to Creative Saskatchewan's success as a producer of talent. This event is a part of the Year of Music Culture program.

# EVENTS



## ■ MUSIC

**Thurs., Jan. 6**

**Kelly Read and Brent Taylor**  
Checkers Restaurant & Lounge,  
1-227 Rideau Dr.

**Agnie Cruz**  
Buds on Broadway,  
817 Broadway Ave.

**The Rhythmatives**  
Fairfield Senior Citizens'  
Cent.,  
162 Fairmount St.

**Fri., Jan. 7**

**Hipper Train**  
Buds on Broadway,  
817 Broadway Ave.

**Piano Friday: Hull Curve**  
Mass Series: BC Road Big  
Band  
The Basement,  
204 Fourth Ave. N.

**Brandi Waggon**  
Army & Navy Club,  
359 First Ave. N.

**Purdy Wines**  
Mutually Exclusive,  
3130 Eighth St. E.

**The Redhearts**  
Town Tavern,  
2330 Marquette Dr.

**Witches and Rogues w/  
Stones the Witch and Vi-  
olett Betty**  
Angus Castle,  
632 10th St. E.

**Agnie Cruz w/ Jumbo and  
Crisis**  
Rock Bottom,  
8348 Broadway Ave

**Brewster and the Roosters**  
Piggy's Pub and Grill,  
1403 10thvein Dr.-N.

**Sat., Jan. 8**

**Hipper Train**  
Buds on Broadway,



*Blue Marsh Dreams 14* by Rebecca Pernicoff is on display at The Gallery at Placefront.

**817 Broadway Ave.**

**Piano Sundays: Mississi-  
ppi and Hell Durne**  
alternating  
**Piano Series: Marlis**  
Jenewein Orchestra  
The Basement,  
204 Fourth Ave. N.

**Brandi Waggon**  
Army & Navy Club,  
359 First Ave. N.

**The Hauppa**  
Downtown Legion  
600 Spadine Cres. W

**Leon Ochs**  
Mutiny Lecture,  
3021 Louise St.

**Automobile w/ League of  
Wolves**

**Rock Bottom,**  
8348 Broadway Ave.

**Greeter and the Roosters**  
Piggy's Pub and Grill,  
1403 10thvein Dr. N.

**Brandi and Brian**  
Piggy's Bar & Grill,  
1403 10thvein Dr.

**Sun., Jan. 9**

**Anneke and Brian**  
McAnaney  
Ruds on Broadway,  
817 Broadway Ave.

**Sun., Jan. 10**

**Cheaps-Luxury**  
Ruds on Broadway,  
817 Broadway Ave.

## ■ ART

**Mandal Art Gallery**  
Jan. 10, 8 p.m. to 10:24 p.m.,  
LUCKY GOLD, culminating the  
Mandal's 20th anniversary  
celebrations. Tickets and  
information at [www.mandal.ca](http://www.mandal.ca).  
Apart from LUCKY, the gallery  
spaces will be closed Jan.  
5-16 for installation of the  
new permanent pieces. During  
reception, Jan. 10, 8 p.m., fol-  
lowing a talk/master class  
by Shana McCubbin for her exhibition  
Bedtime Ground: War Rags from  
Afghanistan.

**The Gallery at Placefront:**  
Until Jan. 8 at 228 Third Ave.  
3. On the Road to Anna's  
Lake. Landscape paintings  
by Rebecca Pernicoff

## ■ AFFILIATE

**Eye Gallery**  
Until Feb. 13 at 817 Broadway  
Ave. Imaginary Architects:  
imaginative handmade toys  
and games as a variety of  
residues. Reception Jan. 9, 7  
p.m. to 9 p.m.

## ■ Eye gallery

Until Feb. 13 at 817-103 College  
Ave. Ink Sits: Printmakers,  
Close to Home. Photographs  
by Jennifer McLean. Reception  
Jan. 17, 2 p.m. to 4 p.m.

## ■ Starlan Arts Centre, Bas-

**Umbo**  
Until Jan. 26 at 701 Holloway  
Ave. in Northern Repulsion.  
An OSAC touring exhibit.  
Featuring the works of 18  
artists from three Southeast-  
Asian printmaking collectives.

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# EVENTS

## Funky Prints

Until Jan 31 at 232 Third Ave. S. A collection of framed photographic artworks by Sharon Cokal.

## Ukrainian Museum of Canada

Until Jan 31 at 510 Beech St. Ctrs. E. Dressing Up in Ukrainian. Travel photography by Andrus Kulykoff and Karen Hazzard.

## Green Ark Collected Home

Until Feb. 2 at 212 20th St. W. Works by Geoffrey Morris.

## Unikat Colour Collage

Until Feb. 28 along the embankment from the Moosejaw Valley Centre to the Maudel Art Gallery. An installation in the trees. By Monique Martin with support from SaskTel members.

## Saskatoon City Hospital Gallery on the Bridges

Until Feb. 28 at the east end of the Atrium at Saskatoon City Hospital. Watercolour landscapes by Ruthie Clark.

## Western Development Museum

Through April 2015 at 2010 Lorne Ave. Big-Bert Traveling Exhibit. In partnership with The Royal Saskatchewan Museum. A 90-million-year-old megalodon skeleton brought back to the through 2016.

## # FAMILY

### Play and Play

Tuesdays and Wednesdays, 9:30 a.m. to 11:30 a.m., through April. For children up to age two. Free admission. Details, space time, toys, activities. Email [playandplaysekar@gmail.com](mailto:playandplaysekar@gmail.com) or visit the Facebook page.



Check out the bridges events calendar for various playshops for kids of all ages throughout the city.

week, a baby-friendly atmosphere with low-level walls, dimmed lighting, a changing table and smaller seating in select theatres.

### C.P.'s Crafts and Play

Daily, 10 a.m. to 8 p.m., in Bay 6 of 619 South Railway St. W. in Weyburn. Saskatchewan's newest indoor playground for children up to age 12. Visit [cplittleplayplace.com](http://cplittleplayplace.com) or their Facebook page.

### Pan Pasture Indoor Play-ground

Daily at 15330 Quebec Ave. A giant indoor playground for young children (adults and children under one year are free). There is a separate fenced-in area for children under two.

### Market Hall Children's Day Centre

Daily just off the food court at Market Mall. This play area is free and has heightwise level slides. Children must wear socks in the playarea.

### Children's Play Centre

Daily at Lassonde Heights Mall. A fun, safe, environment for

preschool children to play. Please note this is an unsupervised play area, and adults must stay with one supervisor children at all times.

### Broadway Indoor Playhouse

Thursdays, 9:30 a.m. to 11:30 a.m., through May, at Emmanuel Baptist Church, 1036 Acadia. Adult-supervised playground for kids up to age five. All-purpose house and loopforkids, designated infant play area, coffee/tea for parents. Registration on arrival or reservation at [saskatcb.ca](http://saskatcb.ca) or business or their Facebook page.

### Breastfeeding Cafe

Thursdays, 1 p.m. to 11:30 a.m. at Beechwood Community Health Centre, 333 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

### Momies for Mommies

Thursdays, 1 p.m., at Rainbow Cinemas in The Central. An infant-friendly animation

with reduced sound, change tables, bottle warming and smaller parking.

### Car Seat Clinics

Second Thursday each month, 2 p.m. to 6 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a childless parent, seats checked and questions are answered by a trained Car Seat Therapist. Call 306-261-7791 or email [whalen@smallsell.ca](mailto:whalen@smallsell.ca) to register. Drop-ins also welcome.

### Shop 'n Stroll

Fridays, 9:30 a.m. to 11:30 a.m., meets in front of Customer Service at The Mall at Lassonde Heights. Classes consist of "Power Walks," including stretching, strength exercise, cycling and a socializing for parents and babies. Pre-registration is required and children ages two to five, but all ages are welcome.

### Baby Talk at 3PL

Fridays, 10 a.m., at Alice Tinker Branch, Menders, 2:30 p.m. at Carlyle King Branch and 25 Wood Branch, and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour

singing and rhymes, then mingle with other parents.

### Prenatal Yoga

Mondays, 10 a.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [prenatalyoga.sasktel.ca](http://prenatalyoga.sasktel.ca). No class on stat holidays.

### Genesee Light Source

(GLS) Public Tours

Mondays, 1 p.m. p.m., at the Genesee Light Source, 447 Research Blvd. The synchrotron research facility is open for the public. Prior registration is required. Call 306-651-3644, email [enrichment@lightsource.ca](mailto:enrichment@lightsource.ca) or visit [lightsource.ca/tours.php](http://lightsource.ca/tours.php).

### Prenatal Yoga

Mondays 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a childless parent, seats checked and questions are safe for any stage. Inquiries: Call 306-281-6443 or email [prenatalyoga@glstel.ca](mailto:prenatalyoga@glstel.ca). No class on stat holidays.

### Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace Lutheran United Church - Hosted by Prairie Hearts Learning Community, a group of moms who have been raising children with physical disabilities. Programming is aimed at children ages two to five, but all ages are welcome.

### My Birthing Friends

Wednesday Birth and Toddler Sign Language

Starting Sept. 10 at 10 a.m., at Alice Tinker Branch, Menders, 2:30 p.m. at Carlyle King Branch and 25 Wood Branch, and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour

sign language classes for parents and babies. Contact Terri Myrfeld-Weslby BSW, RSM, Certified Baby Sign Instructor at [sanyamwesley@sasktel.net](mailto:sanyamwesley@sasktel.net).

### Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McKeyla Robinson, 3130 Eighth St. E. For children ages three to five in the circle of trust. Call 306-651-3477.

### BEVERLY 4 KIDS! Saskatoon

Regularly scheduled programs, preschool classes and camps for kids of all ages at various levels located in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGOs bricks. Visit [beverly4kids.com](http://beverly4kids.com) or call 306-979-3798.

### Saskatoon Library Program

Ongoing daily programs for children and families. Find the calendar at [sasktellibrary.ca/mode/1016](http://sasktellibrary.ca/mode/1016)

## # SPECIAL EVENTS

### Saskatoon Farmers' Market

Open-air round Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday, 8 a.m. to 3 p.m., businesses are in attendance. Tuesday to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours, food vendors and specialty shops are open. Information at [sasktelmarket.com](http://sasktelmarket.com). Contact 306-651-6323, [info@sasktelmarket.com](mailto:info@sasktelmarket.com)

### Last Pitfalls As Interfaith Companion

Jan. 7, 7 p.m. to 9 p.m., at the Edwards Family Centre, 333 Fourth Ave. N. Presented by Bill Edwards. A free presentation on and discussion of different cultural and faith traditions and beliefs surrounding death, funerals and burial. Refreshments provided. Courtesy parking at the Saskatoon Funeral Home.

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

■ MICHAEL POMEDLI

## Living with Animals: Ojibwe Spirit Powers

Although our family farm in the Piger-Bennell district was not near an Indian reservation, we had contact with aboriginal people.

My father lived there to stock the grain and my mother gave them her delicious bread. Our home was adjacent to a historical encampment and I gathered and sold birchbark boxes from the shores of our nearby hunting lake.

In high school, students and I shared stories about aboriginal people, although this topic was not in the textbook, nor part of departmental exams.

At university I researched and taught about native cultures, although my academic background



drews, songs and stories discuss the importance of animals.

For Ojibwe medicine novices, and for their culture in general, specific animals typify the

various stages in healing. Thus, in my book other animals are at the first level, owl is the second, bear is the third, and water and sky creatures the fourth.

However, as a natural conservationist, the head of the Northern Love Centre, Sibley Henderson encouraged my pursuit and suggested I examine the role that animals play in Ojibwe cultures.

My book, *Living with Animal Ojibwe Spirit Powers*, tries to do just that. I let 18th century Ojibwe handicrafts, rock art, medicine bags, songs and stories discuss the importance of animals.

For Ojibwe medicine novices, and for their culture in general, specific animals typify the

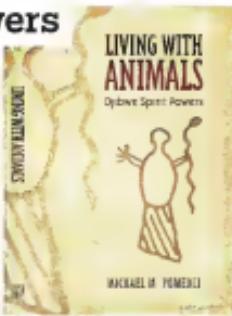
various stages in healing. Thus, in my book other animals are at the first level, owl is the second, bear is the third, and water and sky creatures the fourth.

Animals are spirit persons, healers, keepers and protectors. Animals are teachers of reality, consciousness judges and leadership guides. They speak and sing from more than 100 images in my book and can lead to a good, integrated life.

At a time when we are realizing anew that all of us in Saskatchewan are treaty people we can also acknowledge that treaties were signed by two parties, neither people and the Crown.

So we on this Saskatchewan Canadian enterprize are partners with one another. I hope that my book brings some light on the subject and uses that one partner brought and continues to bring to treaty signings.

My book is available at McNally Robinson, in Saskatoon.



## EVENTS

**Mayfair Carpet Showoff**  
Wednesday, 11:30 a.m., at Mayfair United Church. Businesses and experienced players are welcome. For information call 306-931-2322.

**SFHQ Dances**

Thursdays, 7 p.m., in Room 13 of the St. Francis Hall, 100 Gleeson Ave. 5. St. Sebastian International Dancers Club. Latin dances from many countries around the world. First night is free. Visit [sfdancers.com](http://www.sfdancers.com).

**Learn to Dance**

Monday, 7 to 9 p.m., at Albert Community Centre, 649 Gleeson Ave. 5. New crowd balloon dance classes by Kencourts Dance Club. Call 306-290-5446.

**Armenian Quartet**

Jan. 10, 2 p.m. and 7:30 p.m., at

Kings United Church, Works by Myself, Assaraf, and Debutante. Tickets at 306-384-7732 or [www.kingschurch.ca](http://www.kingschurch.ca) or at the door.

**SPU's Winter Concerto Festival Holiday Lights Tour**

Wednesday, 10:30 a.m. to 11:30 a.m., at the University of Regina Park & Zoo. Light walk Jan. 12, 2 p.m. to 5 p.m. Through Christmas. Tickets at 306-583-4166 or [www.uregina.ca](http://www.uregina.ca). And, caravans at Safeway or Shoppers Drug Mart. Funds raised support the Saskatchewan Foundation and the Saskatchewan Hospital Foundation.

**Berry Drive**

Jan. 11, 7:30 p.m., at TCU Place. This program introduces a modern interpretation of an age-old form. Tickets \$10-\$15. E. Offers a variety of

**Tonight it's Poetry**  
Jan. 11, 7:30 p.m., at The Roundhouse Arts House, 1045 Lasalle Ave. N. Story Slam.

**St. Paul's Visual Arts: Fine Festival World Tour**

Jan. 12, 7 p.m., at TCU Place. Hosted by Alpine Club of Canada. "A Celebration of Art." Featuring a collection of inspiring action, environmental and adventure films from the Banff Mountain Film Festival. Tickets at McPherson Playhouse, Custer Lanes, Dip It Cinema, Escape Sports, the Cube, Dog's Ear Books, and TCU Place. For Adventure on the docket.

**Ottawa-Brampton Farmers' Market, International Bazaar, and Bistro**

Tuesday, Jan. 11 to 6 p.m. In the basement of Grace-Westminster United Church, 1019 151 St. E. Offers a variety of

locally produced food, clothing and accessories from India, per products, baked and breadbakes. New vendor welcome. Call 306-654-2540 or email [general@lifewares.ca](mailto:general@lifewares.ca).

**Guard Old Time Dancing**

Second Saturday of every month, through January. 7:30 a.m. to 9:30 p.m. at MNR Fisheries Co., or contact 306-751-2100 or [e-kids.com](http://www.e-kids.com) for the north end, [jayjay@hotmail.ca](mailto:jayjay@hotmail.ca) for the Edinburgh area, or 306-333-3327 for Quebec area. All proceeds will help Hine Hope Dog Rescue.

**Cakas in the City**  
Jan. 13, 6 p.m., at Piggy's Pub and Grill, 1403 16th/Wynd Dr. HN. With Gia Reed.

**Mac's Literary Canadian Comedy Speaking Tour**  
Jan. 13, 8 p.m., at Lewis' Pub, 15

**Canada Day Picnic of Pot**  
Share this vision of the world. Tickets at [holiday.com](http://www.holiday.com).

**New Hope Dog Domestic Book Sale**

Jan. 16-17 at Market Mall. Donated books will be collected until the sale begins. Call 306-654-2540 or contact MNR Fisheries Co., or contact 306-751-2100 or [e-kids.com](http://www.e-kids.com) for the north end, [jayjay@hotmail.ca](mailto:jayjay@hotmail.ca) for the Edinburgh area, or 306-333-3327 for Quebec area. All proceeds will help Hine Hope Dog Rescue.

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**Local Authors** are a plus, extremely popular. If you're a writer, call 306-931-2322 or [www.sfdancers.com](http://www.sfdancers.com) for more details. Submissions in four weeks before the event date.

With people's choice awards, a jury, adjudicated tie for solo tankers, and a solo cabaret tasting. Information at [lindersons.com](http://www.lindersons.com), 306-931-0852.

**# THEATRE**

**Between the Sheets**

Jan. 7-9 at Persephone Theatre. A parent teacher interview night, theatre has a sense of forewarning as workers from Management have been invited to discuss their son. What follows is a raw and gripping confrontation where only one can be the winner. Tickets at 306-384-7732, [theatretheatre.org](http://www.theatretheatre.org).  
**Local Authors** are a plus, extremely popular. If you're a writer, call 306-931-2322 or [www.sfdancers.com](http://www.sfdancers.com) for more details. Submissions in four weeks before the event date.

## # RECIPES

# French comfort food with a Moorish makeover

By Sara Moulton

Chicken in a pot. Not a very romantic name, I'll admit. Luckily the French have the more melodic "pot au pot" to fill that gap for this winterly dish.

But however you say it, chicken in a pot is a traditional French country dish that dates back to Henry IV in the 17th century. You see, he apparently promised that during his reign everyone would be able to afford chicken in a pot on Sundays. A few hundred years later this idea was revisited in American politics when Herbert Hoover's presidential campaign presented a chicken in every pot, and a car in every garage.

Morocco and pretenders aside, you need to know this simple and comforting recipe.

The traditional version of chicken in a pot consists of a whole stuffed duck, poached with vegetables. All of the ingredients contribute to a rich broth, which then is served over the chicken and vegetables, often garnished with pickles, mustard and coarse salt.

But truth is most of us won't bother with the stuffing. And that's a good thing. Because then this becomes a lean dish, one well suited for the new year as we try to recover from the excesses of the holidays.

Gives that all animal protein because tough when cooked, the key to success in this recipe is to cook the chicken gently, ensuring that it stays moist and tender. In my recipe, the chicken simmers softly for just 15 minutes. Then piled off the burner, it finishes cooking in the residual heat of the broth. The vegetables are cooked afterwards in the same broth.

Finally the chicken is skinned, deboned and returned to the pot in large chunks, but only to be broken up again by my hands. All of those steps pay off in the finished texture of the star of the show. Our chicken is a dish only a mom could love!

In terms of seasonings, I've taken that French dash to Morocco, adding ginger and harissa, a hot chili paste from Africa. I serve it with country bread, toasted and rubbed with garlic, though you're welcome to tuck the chicken and vegetables into coconuts instead, which would



Chicken in a pot with the Moroccan Chicken in Pot to cook the next level: moist and tender. MATTHEW WEISER/FINGER

complete the Moroccan theme. Whatever you decide, this is a very hearty dish to serve to a crowd.

## Moroccan Chicken in a Pot

Start to finish: 1 hour 30 minutes (20 minutes active)

Servings: 8

**For the harissa:**  
½ cup (140 g) red roasted red peppers

½ cup (125 g) dried apricots

½ cup (125 g) pitted prunes

½ cup (125 g) dried figs

½ cup (125 g) dried plums

½ cup (125 g) dried apricots

½ cup (125 g) dried figs

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**For the chicken:**

2 lbs (900 g) whole chicken

½ large onion, trimmed, halved

½ teaspoon dried saffron threads

½ lb (225 g) carrots, washed, quartered

½ lb (225 g) parsnips, washed, quartered

½ lb (225 g) turnips, washed, quartered

½ lb (225 g) potatoes, washed, quartered

½ lb (225 g) onions, washed, quartered

½ lb (225 g) zucchini, washed, quartered

½ lb (225 g) bell peppers, washed, quartered

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½ lb (225 g) green beans, washed, quartered

½ lb (225 g) carrots, washed, quartered

½ lb (225 g) parsnips, washed, quartered

½ lb (225 g) turnips, washed, quartered

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½ lb (225 g) turnips, washed,

# OUTSIDE THE LINES



Last week's contest winner is Adeline Delonch-Oyleaga. Thanks to everyone who submitted entries.



## # Colouring contest

Each week, Stephane Molley creates a timely illustration meant to please kids of all ages.

Children can color the page. Have a picture taken with the finished product and email it to [bestpage@thisisphoenix.com](mailto:bestpage@thisisphoenix.com). One winner will be chosen each week.



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